

NAVY MEDICINE LIVE

THE OFFICIAL BLOG OF U.S. NAVY AND MARINE CORPS HEALTH CARE • 2011 & 2012 WINNER OF BEST NAVY BLOG

[Home](#)[About](#)[Disclaimer](#)[Navy Medicine News](#)[Navy Medicine WebSite](#)[I AM Navy Medicine](#)

Written on SEPTEMBER 26, 2011 AT 8:30 AM by PROSS

A Well Rested Warfighter is an Effective Warfighter

Filed under [UNCATEGORIZED](#)

{ONE COMMENT}



By Navy Capt. Elizabeth Montcalm-Smith, program manager, Advanced Medical Development Program, Naval Medical Research Center

Most people think of medical research as scientists in white coats in a lab with test tubes and microscopes developing a new vaccine to cure one of the world's major infectious diseases like malaria and dengue fever. The work I do represents the other end of the spectrum that covers advanced research and testing. We look for solutions for the service member by improving existing mature technology that can be adapted to meet warfighter requirements and is easily produced and affordable. A great example is the Warfighter Sleep Kits — a product being field-tested now.

Daily stress, shift work and other distractions can make it difficult to get the recommended eight hours of sleep a night. The sleep kits were created in response to a compelling need to do more sleep education for our deployed Sailors and Marines. The Warfighter Sleep Kit includes facts and information to educate service members on the impact of sleep in regards to mission effectiveness and tools and techniques to help get adequate sleep. Short term effects of inadequate sleep include decreased coordination and motor skills, inability to concentrate, impaired learning and decreased ability for decision-making. Long term effects of inadequate sleep can lead to high blood pressure, obesity, and cardiovascular disease.

The sleep kit contains the following:

- A pocket-sized guide containing essential facts on sleep
- A sleep mask to help block environmental light
- Ear plugs to help block ambient noise
- An interactive DVD that includes:
 - AMMO Lite – a personal “sleep diary” that allows the user to estimate his/her operational readiness based on a sleep schedule
 - A Sleep Assessment Program that helps identify common sleep issues, with



Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

Navy Medicine Social Media

Follow us on Twitter

Join us on Facebook

Read our publications

View our photo stream

Watch our videos

Navy Medicine Live Archives

[March 2015 \(7\)](#)

[February 2015 \(16\)](#)

[January 2015 \(12\)](#)

[December 2014 \(17\)](#)

tools that may help resolve the issues

- Warrior Mind Training videos – progressive relaxation and behavioral techniques to assist in falling asleep
- Information on shift work, the physiology of sleep and more.

The kit is sponsored by the Naval Medical Research Center, Silver Spring, Md., as part of the Comprehensive Alertness Management in Military Operations initiative from the Defense Safety Oversight Council.

For more information on the Naval Medical Research Center contact <http://www.med.navy.mil/sites/nmrc/Pages/index.htm>

← Next post

Previous post →

gross tagged this post with: [BUMED](#), [DoD](#), [health](#), [Marine Corps](#), [medical](#), [Navy](#), [Navy Bureau of Medicine and Surgery](#), [Navy Medicine](#), [sleep](#), [sleep kit](#), [stress](#), [U.S. Navy](#), [wellness](#)

Read 93 articles by
gross

fromiWeEroDof

Proactive Free Trial Offer Ingredients In Proactiv Proactol Fat Binder Tablets

November 2014 (11)

October 2014 (15)

September 2014 (20)

August 2014 (14)

July 2014 (13)

June 2014 (8)

May 2014 (11)

April 2014 (9)

March 2014 (14)

February 2014 (7)

January 2014 (7)

December 2013 (7)

November 2013 (12)

October 2013 (7)

September 2013 (14)

August 2013 (13)

July 2013 (11)

June 2013 (22)

May 2013 (15)

April 2013 (14)

March 2013 (14)

February 2013 (14)

January 2013 (12)

December 2012 (11)

November 2012 (11)

October 2012 (7)

September 2012 (9)

August 2012 (12)

July 2012 (13)

June 2012 (17)

May 2012 (22)

April 2012 (14)

March 2012 (13)

February 2012 (14)

January 2012 (13)

December 2011 (13)

November 2011 (20)

October 2011 (22)

September 2011 (12)